

FEAR ONLY GOD

A short introduction

This is how I got rid of my fears of speaking to people, I was raised in a household where I was often looked down upon. I was constantly being humiliated in front of people when I was speaking to, which I developed extreme anxiety when it came to talking to strangers or give out my answers in class. I was shaking, having heart palpitation, sweating to be quite honest it was a lot to handle. I hope to never feel like that again, I believed I'm not alone so this is what helped me.

The search

Finding the source, if you don't know what's causing you to feel this way then you are looking for a solution without a problem. I'm sure you have an idea, do not be afraid to venture in your mind to find what is stopping you from growing and becoming who you truly want to be. So, explore your mind find the one thing you need to change, grab it and change it today. Kill the fear while it's still small.

The last part

*You might be wondering why I mentioned God in the title when none of the thing I said was about God, well it is fairly simple. The difference between God and the people you fear is God do not fear normal people and either should you. The folks you have anxiety over are normal people with regular lives that are probably scared to talk to people too, just not you because you are making it easy for them. Two individuals can not be introverted if they are talking to each other, one of them has to be extroverted for this to work. If you want to get over your anxiety do not give people the satisfaction of taking control during the conversation and make you feel as if you have nothing to say. This behaviour will not only be normal for them but for you as well to which you will feel comfortable being the introvert, all the time. You can choose your own beliefs system as long as it benefits you and overcome your fears. I've seen religious people are not afraid to say what they want or do what is best for them all because they *Fear only God*.*